

CLAIM AMENDMENTS

1-22 (Cancelled)

23. (currently amended) An exerciser for physiotherapy, the exerciser comprising a skid with a substantially flat slide surface upon one side and a grip ~~surface~~ for engaging a user's heel on the ~~other~~, other side of the skid, the grip ~~surface~~ being deformable to allow compressive abutment with the user's heel for a non-slip association therebetween in use based upon the heel simply resting upon the ~~grip surface~~, grip, the heel and exerciser slidable substantially ~~laterally~~ longitudinally upon a surface for exercise by articulation of the heel about the non-slip association as a point of pivot upon the ~~grip surface~~ grip, wherein the skid has an upturned curved rim away from the slide surface to prevent snagging of the exerciser during use, and the grip has a recess shaped for receiving the user's heel in order to facilitate a non-slip association between the grip and the heel, the recess being partially surrounded by a peripheral lip formed with an opening for receiving an Achilles tendon of the user's ankle, whereby the recess is substantially bulb shaped.

24-26 (canceled)

27. (previously presented) An exerciser as claimed in claim 23 wherein the skid is a unitary moulding.

28. (previously presented) An exerciser as claimed in claim 23 wherein the skid is stamped or machined to provide an appropriate shape.

29. (previously presented) An exerciser as claimed in claim 23 wherein the skid is formed from a plastics or metal material.

30. (previously presented) An exerciser as claimed in claim 23 wherein the skid is rendered suitable for heat sterilisation.

31. (previously presented) An exerciser as claimed in claim 23 wherein the skid includes an insert to provide the grip.

32. (previously presented) An exerciser as claimed in claim 31 wherein the insert is disposable.

33. (previously presented) An exerciser as claimed in claim 31 wherein the insert is specifically shaped for a user's requirements.

34. (previously presented) An exerciser as claimed in claim 31 wherein a number of different insert shapes are secured to or moulded into the skid.

35. (previously presented) An exerciser as claimed in claim 23 wherein the skid is dimpled or cross-hatched or has a ribbed surface to provide the grip.

36. (previously presented) An exerciser as claimed in claim 23 wherein the skid is a generally round, oblong, polygon or rectangular shape.

37. (previously presented) An exerciser as claimed in claim 23 wherein the grip is provided by a non-slip elastomeric material.

38. (previously presented) An exerciser as claimed in claim 37 wherein the elastomeric material is a plastic or rubber based material.

40. (previously presented) An exerciser as claimed in claim 39 wherein the upturned rim provides a dished configuration for the skid which cooperates with the grip surface in use.

41. (previously presented) An exerciser as claimed in claim

23 wherein the skid incorporates a cushioning material between the grip and the slide surface.

42. (previously presented) An exerciser as claimed in claim 23 wherein the slide surface includes guide ribs or keels to facilitate a preferred direction of slide for the exerciser.

43-45 (canceled)

46. (new) An exerciser for physiotherapy, the exerciser comprising a skid with a substantially flat slide surface at a lower side of the skid, an upturned rim curving away from the slide surface to prevent snagging of the exerciser during use, and a grip for engaging a user's heel at an upper side of the skid, wherein the grip is formed with a recess shaped for receiving the user's heel in order to facilitate a non-slip association between the grip and the heel, the flat slide surface allows the exerciser to slide substantially longitudinally upon a surface when the user's heel engages the grip for exercise by articulation of the heel about the non-slip association with the grip, and the recess is partially surrounded by a peripheral lip formed with an opening for receiving an Achilles tendon of the user's ankle, whereby the recess is substantially bulb shaped.

47. (new) An exerciser according to claim 46, wherein the grip is deformable to allow compressive abutment with the user's heel when the heel rests upon the grip.

48. (new) An exerciser according to claim 47, wherein the grip is detachable from the skid.